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BIOPTRON COLOR LIGHT THERAPY FOR YOUR HEALTH AND WELL-BEING

LIGHT AND COLORS
ARE ESSENTIAL
FOR OUR BODY AND SOUL

BIOPTRON Color Light Therapy is a way of using colors and light to enhance and restore our body's energy. Color Light Therapy works on a holistic level. It works on the mind, body and spirit by addressing the origin of the health problem (disease), and it helps us to stimulate the process of self-healing. It can be used for balancing our energies in order to prevent possible problems.

Healing with color and light was probably the first type of therapy used by mankind, because of nature's own way of keeping the body in a state of well-being. When man first walked on this planet the sun kept him fed and warm, and the colors of the flowers, the trees, the animals, the sky and the sea affected his mood and temperament. Today, despite all the technological progress, we are still directly dependent on color for a healthy life. The long gray winter months tend to take our energy away. The constant lack of color makes us susceptible to illnesses and depression. The moment the sun comes out and colors our little planet, our problems seem to melt away and we instantly regain energy and a happy disposition.



BIOPTRON Bioinformation on pressure points & Chakra
Color Light Therapy Set
PAG-965



BIOPTRON Chakra Color Light Therapy Set
PAG-992





BIOPTRON COLOR LIGHT THERAPY FOR YOUR HEALTH AND WELL-BEING

COLOR IS ENERGY

We perceive color not only visually, but we also absorb it unconsciously through our skin, muscles and the rest of our body. Penetrating into our body, color evokes chemical reactions, which affect the function of the different organs and systems. High effectiveness and safety of Color Light Therapy are the reasons why it is so widely used nowadays. In contrast to traditional methods, Color Light Therapy addresses the cause of the disease, not only the symptoms; it works at a very deep level. Taking remedies will get rid of a headache temporarily, but if the reason for this discomfort is not addressed and eliminated, it will soon reappear. Color helps to fill up the energy reserves of the tissues and organs, thus raising the body's resistance. This newly charged energy gives us strength to fight against disease.

THE HISTORY OF COLOR LIGHT THERAPY

Color Therapy is not a new innovation. People of the ancient civilizations in Egypt, India and China used the healing properties of color and light, i.e. patients were treated with rays of sun passed through colored glasses or crystals in Egypt. There is some documentary evidence that Chinese doctors treated stomach conditions with the help of the color yellow and advised people with scarlet fever to wear red scarves. Avicenna, an 11th century healer, also wrote that a person who is bleeding to death should not look at something red, but has to use the calming properties of the color blue to stop the wound bleeding. He also used colored ointments and elixirs in his practice. In the 16th century, Paracelsus, referred to as a founder of modern European medicine, re-introduced the knowledge and philosophy of color using the power of colored rays for healing together with music and herbs. Unfortunately, he was ridiculed for his work and most of his manuscripts were burnt, but now he is thought of, by many, to be one of the greatest doctors and healers of his time.



Avicenna

Ibn Sina, also known as Avicenna, was a Persian physician, philosopher, and scientist. His most famous works are The Book of Healing and The Canon of Medicine, which was a standard medical text in many European universities for almost five centuries.



Paracelsus

Paracelsus was a Swiss doctor. He traveled the Middle East seeking alchemists and physicians from whom to learn. He learned that wounds would heal themselves if allowed to drain and prevented from becoming infected. His knowledge of these treatments won him fame.



Newton

Sir Isaac Newton was an English physicist, mathematician, astronomer, natural philosopher, and alchemist, regarded by many as the greatest figure in the history of science.

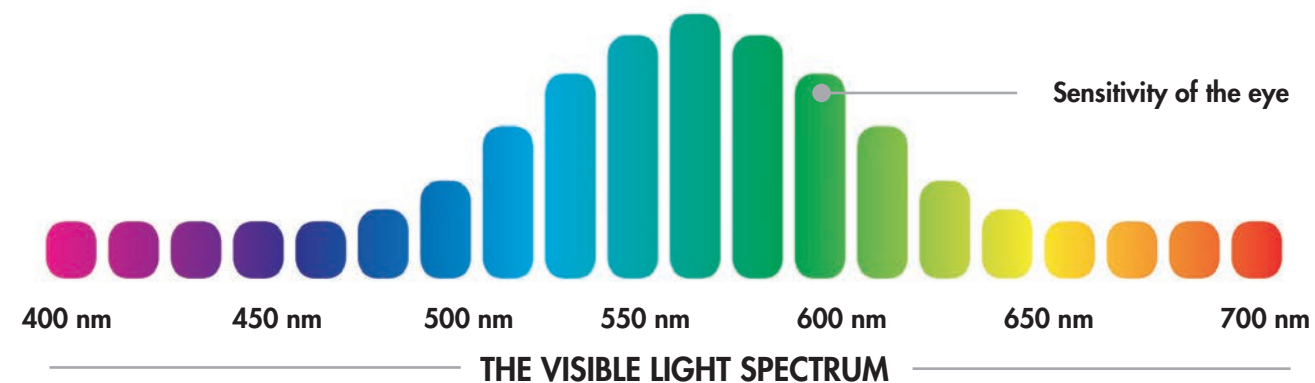


7 COLORS OF THE SUNLIGHT

Color is light and light is color. Light comes out of the sun in different frequencies. These frequencies of light can be separated by a process called refraction. When light passes through a crystal prism, it refracts and divides into the seven colors of the spectrum. Each color has its own frequency. If the separated colors pass through another prism they will reform into white light. The first person to demonstrate this phenomenon was Isaac Newton, the great British physicist, at the end of the 17th century. A way to experience Newton's discovery is the formation of the rainbows. When sunlight passes through droplets of rain, which act as tiny prisms, it divides into its seven component colors. The bigger the raindrops, the brighter the rainbow will appear in the sky.

COLOR WAVELENGTHS AND FREQUENCIES

Energy is considered to travel in waves. The distance between successive waves is called the wavelength and the number of times a wave oscillates in one second is called frequency. The rule of thumb is: the longer the wavelength, the lower the frequency. Each color has its own characteristic frequency and its individual wavelength. Only a small part of the electromagnetic spectrum is visible to the human eye. Violet has the shortest wavelength, red has the longest wavelength. Beyond violet there is ultraviolet, invisible to the human eye, which can still pass through our body. Ultra violet is what turns our skin a darker shade, which we refer to as a suntan. Ultra violet also has an effect of killing surface bacteria. The longest wavelength at the other side of the spectrum is red. Beyond red is infrared and further along are microwaves, radar, radio and television wavelengths all invisible to the human eye. Red, orange and yellow are carried on longer wavelengths. Because we associate these colors with fire and sunshine, they are called warm colors. Green, blue and violet are perceived as cool colors. They travel in shorter wavelengths. They bring to mind the water of the sea and the rivers, the sky, the winter dawn. They are also called receding colors, because of the length of time that their energy takes to reach our eyes. Each warm color has its complementary cool color: red–blue, orange–indigo, yellow–violet, green–red (magenta).



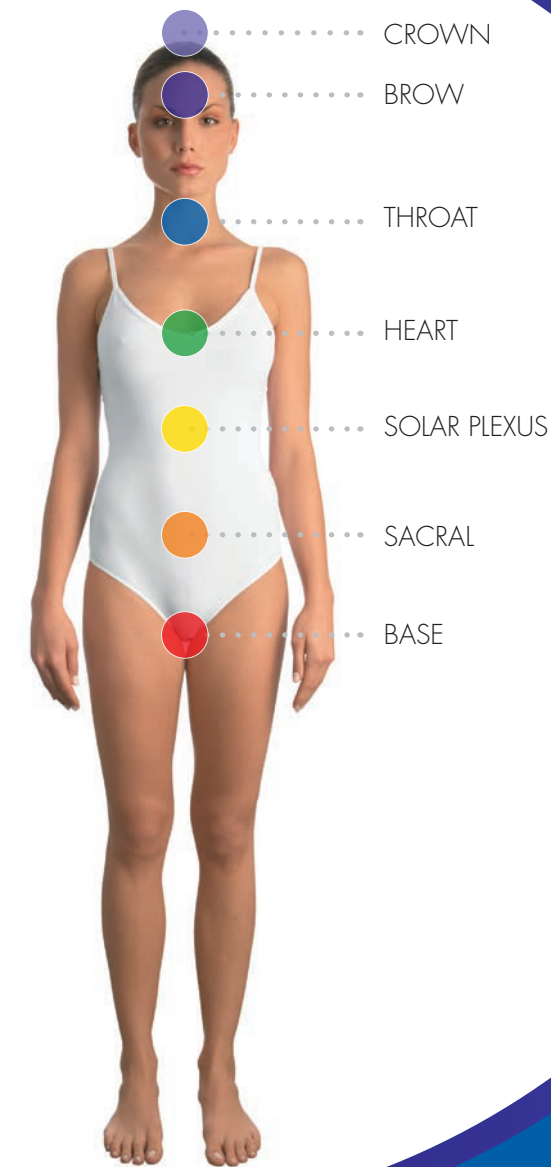


THE COLOR LIGHT THERAPY PRINCIPLE








One of the traditional healing methods belief is that all organs have characteristic frequencies of vibrations in health and that disease is the natural response of the body to strain. Strain causes a change of energy frequency, which affects the healthy state of an organ. The change of an organ's function is caused by the stepping up or lowering of a vibration caused by a strainer, which could be chemical, mechanical or thermal. Constant overeating is an example; the extra strain that we put on our heart as it tries to pump more blood to keep up with digestion and circulation changes the natural frequency of this organ. After a long period of working at the wrong frequency, the heart could manifest its discomfort with a heart attack. Another example is the use of drugs which affect the frequency at which our brain vibrates. This change of frequencies leads to fatigue and the degree of fatigue is the cause of exhaustion and possible death. Over exposure to light also changes the frequency at which our skin cells thrive: this causes their destruction, which is manifested in sunburn. Color is pure vibration and a natural inoffensive type of therapy. Accordingly, when one of our organs is out of balance, it is possible to "re-tune" it (like an engine) by absorbing into our bodies the energy of its corresponding color. However, it should always be remembered that no complementary therapy is an alternative to professional medical advice. Orthodox medicine combined with color therapy can bring faster results as well as address the cause of the illness; knowing the cause of illness is the beginning of self-healing.

WHICH COLOR TO USE? LEARN YOUR 7 CHAKRAS

The chakra theory is based on the hypothesis that the energy keeps us alive flows evenly around our bodies. In seven points of our body there is a concentration of energy constantly moving in a spiral way. These seven specific points are called chakras. Chakra (pronounced cha-kra) is the Sanskrit word for "wheel". Color therapy works with the seven main chakras, although we also have many minor chakras. These seven chakras function like our colored batteries; when they are all fully charged, we are in a state of balance, health and well-being. If one of these "batteries" is flat our whole system suffers and disease is manifested. Color therapy keeps these "chakra batteries" full. The frequencies related to each color of the spectrum correspond to the frequency of the energy of each of the 7 main chakras of the body and to the frequency of organs, muscles and bones found in the same area as the chakra, i.e. orange relates to the sacral chakra, also to the ovaries, testes, kidneys, pelvis, spleen and bowels. The chakras are also connected to our endocrine glands which produce hormones. Color can be used to activate the whole system or to activate individual chakras. It is believed to have a powerful effect on the physical, spiritual and mental side of the human being. For example someone suffering from a soar throat could activate his throat chakra by focusing a blue light on it, by visualizing a blue ray of light shining on his neck, by wearing a blue scarf, eating blue food (grapes, olives, plums, blueberries, eggplants), or by placing a piece of lapis lazuli (a gemstone) on his throat chakra several times a day. By stimulating this chakra with the color blue, all its qualities are strenghtened. The ability for communication, self-expression and truthfulness will be more effective, creativity will flourish and the blockages that created the soar throat in the first place, could well disappear. In case a chakra is overloaded with its particular color, it is advisable to balance it with the complementary color.



The following descriptions are given as examples for traditional applications:

CHAKRA	COLOR		LOCATION	PHYSIOLOGICAL ASSOCIATION	HORMONAL STIMULUS	PHYSIOLOGICAL RESPONSE
base	red		base of spine	adrenals, rectum	adrenaline	fear or courage, self-awareness
sacral	orange		lower abdomen	ovaries, testes, kidneys, bowel	sex hormones	pleasure, self-respect
solar plexus	yellow		stomach	pancreas, liver, digestive tract, skin	insulin	clarity, self-worth
heart	green		heart	thymus, immune system, circulation, lungs	thymosin	compassion, love
throat	blue		throat	thyroid, respiratory system	thyroxine	communication, self-expression
brow	indigo		forehead	pituitary, eyes, sinuses	stimulating hormones	intuition, self-responsibility
crown	violet		top of head	pineal gland, brain, nervous system	melatonin	enlightenment, self-knowledge

The recommended chakra treatment programs are based on long-term professional color therapy experience. Color Light Therapy cannot replace medical consultation and therapy. We recommend that you consult your physician and color therapist to check if this therapy is advisable for the *intended purpose!*

RAINBOW SHOWER

A very successful way to keep the holistic system harmonious and balanced is to expose each chakra to its relevant color for one minute, i.e. a total treatment time of 7 minutes a day. It can be used every day, especially for people who spend a lot of time under artificial light. To stabilize the afore-mentioned treatment, a brief exposure to green light all over the chakras is recommended.





POWER OF THE 7 COLORS
BASE CHAKRA - RED

RED IS CONSIDERED TO	LOCATION	TIME
stimulate and excite the nerves, therefore it is said to be beneficial in deficiencies of smell, touch, sight hearing and taste	base chakra	red 10 min, blue 2 min for three weeks
stimulate the blood circulation; use when feeling cold	base chakra	red 20 min, blue 5 min
restore depleted energy	base chakra	red 15 min, blue 3 min as required
energize the liver	right of stomach	red 3-5 min, blue 1 min for 1 week
have a beneficial effect on the muscular system to treat lumbago	on the contracted muscle	red 10 min, blue 2 min twice a day until pain diminishes
relieve arthritic pains	on painful areas	red 5 min, blue 1 min until pain diminishes

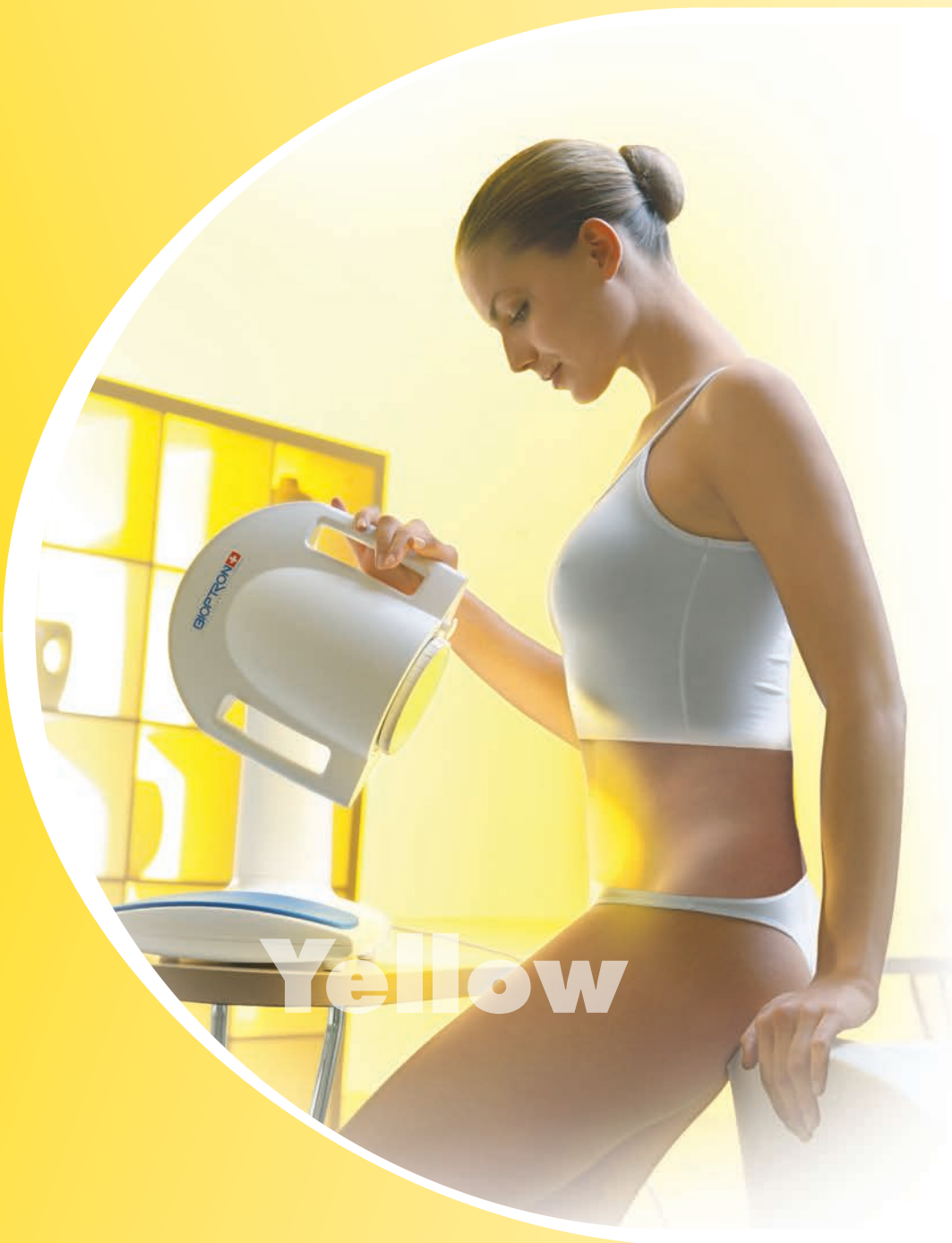
From the psychological point of view, red represents health, fire, heat, blood, passion, will, survival, anger, temper, danger and destruction. It stimulates, excites and acts as irritant. It gives man a sense of power.



POWER OF THE 7 COLORS
SACRAL CHAKRA - ORANGE

ORANGE IS CONSIDERED TO	LOCATION	TIME
gently stimulate the heart rate without effecting the blood pressure; use for low blood pressure when there is a heart condition	sacral chakra	orange 3-5 min, indigo 1 min once a day until there is improvement
have a beneficial effect on the recovery from torn ligaments or broken bones	on the area of injury	orange 3-5 min, indigo 1 min twice a day until full recovery
be a mild antidepressant	sacral chakra	orange 5 min, indigo 1 min daily until the situation improves
soothe period pains or menopause imbalances	sacral chakra	orange 5 min, indigo 1 min for 5 days
stimulate the milk producing action after childbirth	on each breast	orange 3 min, indigo ½ min once a day
be a lung builder	on each lung	orange 3 min, indigo ½ min for a week

From the psychological point of view, orange combines physical energy with mental qualities. It is the color of creativity. It creates a general sense of well-being and cheerfulness. Orange symbolizes warmth and prosperity. It relates to self-respect.



Yellow

POWER OF THE 7 COLORS
SOLAR PLEXUS - YELLOW

YELLOW IS CONSIDERED TO	LOCATION	TIME
have a beneficial effect on nerves and the nervous system; it is used to strengthen the nerves and to stimulate the brain	solar plexus	yellow 10 min, violet 2 min
detoxify the blood stream by stimulating the lymphatic system	solar plexus	yellow 3-5 min, violet 2 min for three weeks, preferably with a light diet
have a beneficial effect on constipation	on the navel	yellow 10 min, violet 2 min until recovery
act positively on mental exhaustion	solar plexus	yellow 15 min, violet 3 min for 2-3 days
help with digestion; it counteracts acidity	solar plexus	yellow 20 min, violet 5 min
have a regenerating effect on the skin	solar plexus and skin area	yellow 10 min, violet 2 min once a week

Yellow is psychologically good for despondent and melancholic conditions. It is the color of intellect and perception. In the old days yellow was the color for life, it suggests joy, gaiety and merriment. Yellow relates to self-worth. It is all about we feel about ourselves. It is the color of the personality and the ego.

POWER OF THE 7 COLORS
HEART CHAKRA - GREEN
THE MID COLOR OF THE SPECTRUM

GREEN IS CONSIDERED TO	LOCATION	TIME
act upon the sympathetic nervous system (a part of the central nervous system). It is considered to relieve tension in the blood vessels and to lower blood pressure	heart chakra	green 5 min, red ½ min, until improvement
be a tonic	heart chakra on spine	green 20 min, red 2 min
be emotionally soothing	heart chakra	green 10 min, red 1 min
be a tissue and muscle builder	on weak muscles	green 10 min, red ½ min, until improvement
be good for shock treatment	heart chakra	green 10 min, red ½ min
act as a mild disinfectant germicide, antiseptic and bactericide	affected area	green 20 min, red 1 min

Green is the color of love, progress, youth, growth, inexperience, fertility, hope, balance and new life. It is also the color of jealousy, envy and superstition. It is the color of feelings.



Green

POWER OF THE 7 COLORS THROAT CHAKRA - BLUE

BLUE IS CONSIDERED TO	LOCATION	TIME
have a cooling effect on inflammatory condition	throat chakra	blue 10 min, red 1 min, twice daily until improvement
increase metabolism and vitality	throat chakra	blue 10 min, red 1 min, once a week
reduce nervous excitement	throat chakra, back of neck	blue 20 min, red 2 min
help sore throats, laryngitis, tonsillitis, mouth ulcers, blocked ears	throat chakra	blue 10 min, red 1 min, twice a day
calm hyperactive children	throat chakra	blue 10 min, red 1 min once a day for a week
speed up recovery from burns	where burns occurred	blue 10 min, red ½ min, twice a day, until improvement

Psychologically blue is more soothing than green, in emotional conditions. Blue is the color for meditation and spiritual expansion. It relaxes the mind. Blue is the color of truth, devotion, calmness and sincerity. It is the color of intuition and higher mental qualities. Blue relates to self-expression.

POWER OF THE 7 COLORS BROW CHAKRA - INDIGO

INDIGO IS CONSIDERED TO	LOCATION	TIME
be the best antidote to insomnia	brow chakra	indigo 10 min, orange 1 min
promote tissue growth	on burns	indigo 5 min, orange 1 min as required
have a relieving effect on acute sinus problems	brow chakra, eyes	indigo 5 min, orange 1 min twice a day as required
soothe back pains	brow chakra and on painful area	indigo 10 min, orange 1 min
help to reduce bleeding	on bleeding part of the body	indigo 20 min, orange 2 min
have a beneficial effect on eczema recovery	on skin	indigo 5 min, orange 1 min, for a week

Psychologically indigo is a good color for discipline, structure, faith and efficiency. It is also considered to help clear away addictive emotions. Indigo brings up fears (check what the fears are about, how are they connected to the disease). Indigo encourages and inspires self-responsibility.



POWER OF THE 7 COLORS CROWN CHAKRA - VIOLET

VIOLET IS CONSIDERED TO	LOCATION	TIME
comfort people with mental disorders	crown chakra towards the back of the head	violet 10 min, yellow 1 min for a week
be a skin antiseptic	over skin areas	violet 5 min, yellow 1 min
have a stimulating effect on the production of white blood cells in the spleen	right of the stomach	violet 15 min, yellow 1 min for a week
cause expansion of the blood vessels, lowering blood pressure	crown chakra	violet 10 min, yellow 1 min for a week
have a tranquilizing effect on nervous system and heart, soothes headaches	crown chakra towards back of head	violet 15 min, yellow 1 min
help with head, scalp and concussion problems	crown chakra	violet 15 min, yellow 1 min

Psychologically violet relates to self-knowledge and spiritual awareness. It has always been a healing color. It encourages the union of ego and spirit. Violet relates to self-knowledge. Violet is a powerful light and should not be used with children.

VARIOUS USES OF THE BIOPTON COLOR LIGHT THERAPY

COLOR LIGHT THERAPY FOR WELL-BEING

COLOR MESSAGES
BIOPTON Light with the BIOPTON Color Light Therapy can be used as part of relaxing massages. During the massage, different color lights from the spectrum range are shone on the depleted energy centers. A combination of colored light, massage with oils and chakra balancing re-establishes personal harmony and well-being. For more powerful effects, the massage oils can be also exposed to the light through colored filters.

COLOR THERAPY FOR COSMETICS

BIOPTON Light Therapy System and BIOPTON Color Light Therapy are very reputable in the field of cosmetics, because our skin always reveals the true energetic condition of our body. Each wrinkle and spot, the color and consistency of the skin, retention of fluid etc. provide information about the dynamic flow of life energy in the hidden inner workings of body and spirit. BIOPTON Color Light Therapy is considered to be helpful, especially in the field of reduction of wrinkles, large pores, age spots and cellulite, dry and rough skin care and on the contrary oily skin care. The effects of the colored light can be seen on the face immediately. It looks fresher, smoother and younger.





BIOPTRON COLOR LIGHT THERAPY FOR **ANIMALS**

BIOPTRON Color Light Therapy is also conducive to treat animals.

ANIMALS ALSO HAVE CHAKRAS

Animals have chakras, the same as we do and their chakras are similarly situated – given that the majority of them are more horizontal than we are - they are in very similar places. Animals have another main chakra, which is situated over the top of the shoulder, called the brachial chakra. This chakra is sometimes called "the key chakra" since it is a powerful one and can give access to all the other chakras. Many animals do not see colors as we do, but this does not mean they are not affected by color energies. Animals are very sensitive to differing energies, so they also pick up the varying benefits of color. Please note, that no complementary therapy should be considered as an alternative to veterinary advice.

BIOPTRON COLOR LIGHT THERAPY **ADVANTAGES & BENEFITS**

A WELLNESS THERAPY FOR HEALTH CONSCIOUS PEOPLE

- Safe to use for adults, children and animals
- Natural, non-invasive and easy to use therapy
- Slow but permanent changes – a life changing experience
- Effective and short treatment
- A self-help tool, giving extra personal strength and confidence
- Help with emotional, mental and physical conditions
- Color Light Therapy will be the preferred therapy of the future
- Made in Switzerland
- Unique and specially designed colored filters



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